

The Bosworth Surgery

Quality Family Service on your Doorstep

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www.husbandsbosworthsurgery.com



Hello and Welcome

to Husbands Bosworth Surgery's second and winter edition of the Practice Newsletter. We gained an extremely enthusiastic response to our first ever autumn publication. We hope that you enjoy this latest issue just as much!

With Christmas just around the corner this edition is jam packed with information to keep you healthy during the festive period. In addition to the vital details of practice opening hours over the Bank Holidays, this issue provides useful advice and new year resolutions on how to lose weight, stop smoking, and maintain a healthy diet during this period of excess.

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Christmas Opening Hours

Date	Day	Surgery
23 rd December	Friday	8.30am - 6.30pm
24 th December	Saturday	Closed
25 th December	Sunday	Closed
26 th December	Monday	Closed
27 th December	Tuesday	Closed
28 th December	Wednesday	8.30am – 6.30pm
29 th December	Thursday	8.30am – 6.30pm
30 th December	Friday	8.30am – 6.30pm
31 st December	Saturday	Closed
1 st January	Sunday	Closed
2 nd January	Monday	Closed

Patient/Doctor Communication

The NHS is currently going through a number of changes. This is due to a combination of factors including the current economic situation, a change in Government, and continually rising health costs due to an aging population. As a result changes are being implemented so as to provide an improved service but with better value for money. The aim of the NHS is to cut waste and improve performance. Consequently, some aspects of clinical treatment are changing and what you have been accustomed to previously may not necessarily still apply. For example, some prescriptions that were previously available on the NHS may now require a charge. The doctors will do their best to accommodate your medical needs through these changes and to always explain the situation to you as clearly as possible.

Computer System Change

From the middle of February the practice will be upgrading to a new computer system. As a result there may be a few disruptions during this period. We would be grateful for your patience during this time and please accept our apologies for any inconvenience this may cause.





Clinically led commissioning. The Bill puts clinicians rather than managers in charge of shaping services. Supported by the NHS Commissioning Board, new clinical commissioning groups (CCGs) will now directly commission services for their populations rather than Primary Care Trusts.



Greater choice for patients and new innovative services. The Bill enshrines a fair playing field in legislation. This will enable patients to be able to choose services which best meet their needs, including from charity or independent sector providers, as long as they meet NHS costs. Providers, including NHS foundation trusts, will be free to innovate to deliver quality services. 'Monitor' will be established as a specialist regulator to protect patients' interests.

Greater voice for patients. The Bill establishes new 'Healthwatch' patient organisations locally and nationally to drive patient involvement across the NHS.

Greater accountability locally and nationally. The Bill sets out clear roles and responsibilities, whilst keeping Ministers' ultimate responsibility for the NHS. The Bill limits political micro management and gives local authorities a new role to join up local services.

Streamlined armslength bodies. The Bill removes unnecessary tiers of management, releasing resources to the frontline. It also places NICE and the Information Centre in primary legislation.

Minor Injury Unit Attendance

It has come to our attention that it is becoming common place for patients to attend Minor Injury Units instead of being seen at the surgery. As a practice we try and encourage our patients to attend the Surgery for minor problems/injuries as we are capable of dealing with most cases within the Surgery. Thank you for your co-operation.



Doctor's Profiles

Husbands Bosworth Surgery has three new permanent Doctors. We therefore thought you may like to know a little more about the fresh friendly faces around the surgery. Here is some information on both their medical qualifications and what they like to do in their spare time.

Dr Delargy

Dr Delargy studied at Sheffield Medical School qualifying in 1990. After graduating she continued training in Sheffield and then Leicester before qualifying in General Practice in 1998

Dr Delargy's hobbies include knitting and handicraft, running and organising various charity events.

Dr Benton

Dr Benton also studied at Sheffield Medical School qualifying in 1989. After graduating he continued at Leicester vocational training scheme, qualifying as a GP in 1993.

Before coming to Husbands Bosworth Surgery Dr Benton was in a partnership at Stoney Stanton from 1997-2011. Dr Benton is a keen tennis player.

Dr Cavanagh

Dr Cavanagh studied at Leicester Medical School, qualifying in 1987. After graduating she continued training and then working in Portsmouth.

Dr Cavanagh has a number of hobbies including reading, gardening and hiking.

Doctor's Appointment Timetable

	Monday		Tuesday		Wednesday		Thursday		Friday	
Doctors	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Dr Delargy	✓	✓	✓ Welford						✓	✓
Dr Benton	✓	✓			✓	✓	✓	✓		
Dr Cavanagh			✓	✓	✓		✓ Welford		✓	✓

New Year Health Resolutions

Do you often make New Year's resolutions but never keep them? If so here are some attainable goals and suggestions to help you have a healthy and happy 2012.

Quit smoking. It is good for your health and you may save tens of thousands of pounds over a lifetime. See overleaf for further stop smoking advice and details of our smoking cessation service.



Ensure you are at a healthy weight. If you want to lose weight eat a balanced, healthy diet or exercise more. Doing both is the most effective solution. Even just walking is greatly beneficial to your health. However if you are feeling more ambitious the New Year is a great time to join a new sports club.

Reduce your stress levels. A little pressure now and again won't kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your risk of insomnia, depression, obesity and heart disease. Long work hours, little sleep, no exercise, poor diet, and not spending time with family and friends can contribute to stress.

Drink alcohol sensibly. While much has been written about the health benefits of a small amount of alcohol, too much tipping is still the bigger problem. Drinking alcohol in excess affects the brain's neurotransmitters and can increase the risk of depression, memory loss, or even seizures. Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, and mental deterioration, and even cancers of the mouth, throat, liver, and breast.

Tell your doctor if you are not taking your prescribed medication. Up to 30% of prescribed medication is not taken. This is a huge waste of resource that can be avoided.

Volunteer. Happiness is good for your health and helping others through volunteering increases your happiness. Research shows that people with positive emotions and an upbeat attitude are about 20% less likely than their gloomier peers to have a heart attack or develop heart disease. Other research suggests that positive emotions can make people more resilient and resourceful.

Get more sleep. A good night's sleep is more beneficial to your health than you might realise. A lack of sleep has been linked to a greater risk of obesity and type 2 diabetes. Sleep is also crucial for strengthening your memory.

Smoking Cessation Service

During the festive period those who smoke tend to consume more tobacco than usual due to increased attendance of social events, often with the intent of stopping smoking as part of a New Years resolution.

Stopping smoking is a difficult process for often as much as the habitual aspect as the actual craving for nicotine.

There are many ways to approach smoking cessation from stopping on a specific day to gradually decreasing cigarette consumption, to group help and the use of pharmacological therapies.

The use of pharmacological services which include patches, gums, lozenges, tablets, inhalators and nasal sprays have been shown to significantly increase the chance of successfully stopping smoking by up to four times compared to not having any help.

If you are considering stopping and would like to discuss the options available to help you achieve your goal book an appointment with Debbie Warner, our Practice Nurse, who can advise you about the relative pro's and con's of each option and help you decide which option suits you best.



Patient Participation Group Update

Our Patient Participation Group (PPG) has only been established since September 2011. However, in these past four months they have already achieved a great deal.

First and foremost the PPG have developed the patient survey which is currently available to complete on the website or to collect from reception. In order to achieve this, the PPG formed a 'working group' that agreed on priority issues to be included in the survey. They did a great job and produced a survey that is very relevant to our particular surgery and circumstances.



Starting in the New Year the PPG will then be provided with an opportunity to comment and discuss findings of the survey. The surgery will then reach an agreement with the PPG regarding possibly changes in provision and the delivery of our services. Based on this, an action plan will be produced, outlining the priorities and proposals arising out of the local practice survey. The action plan will be available on our website at the end of March, 2012.

In addition to the survey the PPG have made a number of great suggestions for the content of this newsletter, and continue to be a pro active and thriving body.

Prescriptions

Please make sure you order your prescription in plenty of time for the holiday period. You should order at least 48 hours before collection. The last day for ordering prescriptions before Christmas is Wednesday 21st December by 1pm.

Remember the dispensary closes at 6pm Monday-Friday.

Patient Survey

Our recently established Patient Participation Group has put together a patient survey so that you can tell us what you think. Your views are very important to us. This survey is available to complete online. It does not identify you, which means your answers are totally confidential. The survey should take around 10 minutes to complete. Please feel free to leave out any questions you prefer not to answer.

New Website

Did you know we have a new website with a number of great facilities designed to help you manage your health! The website now includes the following:

Information on our Patient Participation Group.

Travel Information

Pregnancy Care Planner

Advice on long term conditions

Health advice for children

The Patient Survey

This newsletter!
